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AGENDA

STARTTS supports a wide range of community groups, including women's groups from communities with a long history of trauma. One such example is the long-standing and incredibly successful Vietnamese Women's Group.

Mindfulness in Practice

The aim of this group is to actively address issues relating to stress and pain through management techniques such as Khi Cong (or 'Qigong') and Zen meditation, with a focus on breathing. When applied correctly, these techniques can greatly reduce anxiety, which is a common symptom of underlying trauma.

Within a supported group context, biofeedback and mindfulness-based approaches are also used to monitor heart rate variability and blood pressure. Health promotion activities are a core part of the group's activities, including group exercise.

Recently, the Vietnamese women's group swapped a regular Tuesday morning gathering at STARTTS for a supported visit to a Buddhist centre on the outskirts of Sydney. The centre, Thien Vien Vinh Duc, provided a peaceful environment to reinforce the meditation techniques that the women have been introduced to over time through our program.

On the morning of the visit, the guided meditation was led by Zen Master Dai Duc Thich Thong Tue. Tru Tri Thuong Toa Thich Hanh Hieu from the centre provided the group with lunch and the dharma of mindfulness practice. 卐